

Community Based Providers

Public Hearing Testimony of Debbie Poirier

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I'm a person living with a mental illness and history of dual addiction. The community based services I receive are a big part of my recovery. The help I receive from the people who work at InterCommunity is very important to me. I volunteer on the culinary unit and we cook a three course meal every day Monday thru Friday for lunch that is only a dollar. We at least know that we will eat one good meal that day. If we don't get enough funding I'm scared that some of the programs and activities I am involved with and are so important for my recovery will be cut! My programs have taught me how to live independently, how to survive and take proper care of myself.

My community based provider has computer classes. I didn't know the first thing about how to use one. Now I know how to look for information and do many other things. I'm 50 and just bought my first computer in July. Having learned how to use a computer with the help of my providers has opened up a new world to me. I wonder if it wasn't for the community based providers and their programs I honestly don't know where I would be right now. They helped me learn how to be myself sober and enjoy my life sober.

My community based providers also taught me about mental illness. When I was told that I had bipolar disorder I didn't know anything about it. Now I run a class on it every Tuesday thanks to what I learned from my providers. Now I can pass it on to other people. My providers and the services I receive help me to feel good about myself and nobody can take that away from me. I can wake up and enjoy another day and look forward to a future in the real world.

I can tell you right now that every service I have received has helped me. I am in a good place but still need the help.